



## Coping Strategies

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An infant's primary means of communication includes crying. It is normal for all babies to cry and fuss. As the infant grows you will learn to distinguish what each cry means. Things you can do to prepare yourself for working with infants include:

- Be patient
- Get plenty of rest and exercise
- Eat well
- Be organized

When dealing with a fussy baby, remember to consider what might be bothering the infant—and what you can do to help. Consider the baby might:

- Be hungry
- Need to burp
- Have a wet/dirty diaper
- Be tired
- Be sick
- Need attention
- Have had too much activity

### **Never Ever Shake a Baby**

If all routine needs have been met, and the infant continues to cry you can avoid becoming angry by:

- Acknowledging that you are frustrated and seek assistance
- Take deep calming breaths
- Count to 10
- Request a break
- Seek out training and resources for calming children
- Turn on a calming sound or music
- Walk with the baby
- Place the baby in a safe place and take a short break nearby

### **Never Ever Shake a Baby**

If at any time you become too overwhelmed with caring for infants, consider the following:

- Take time off
- Confide in someone for emotional support
- Call the 24-hour Parent Helpline (1-855-4APARENT) for support. This is a service open to parents and caregivers of young children and youth of all ages.